

## WHAT IS CAREER PLANNING AND TRANSITION?

Transition is a process young adults with disabilities, like you, go through to prepare for whatever the future might hold – further education, specialized training, employment or other options you might choose on the road to increased independence.

Career planning and transition services are designed to help you prepare for your future by exploring different jobs, identifying careers interesting to you, and developing an understanding of the skills and abilities necessary to be successful.

Schools are primarily responsible for providing transition services while you are in high school. However, if you are eligible, Missouri Vocational Rehabilitation (VR) can also work with your teachers, family members, employers and other agencies to ensure that the career planning process goes smoothly.

After you have left high school, VR may continue to provide the support and services you need to find a job or begin a career training program that you are excited about. These services will help you become more independent and financially secure.



## HOW CAN VR HELP WITH TRANSITION?

### *Choose a career goal and explore your future*

You and your VR counselor will work together to explore different jobs and careers that best match your strengths, abilities, interests and the local job market. You will choose a career goal and begin planning for your future.

### *Develop a plan for employment or career training*

After identifying the services and supports you will need, you and your VR counselor will develop an individualized plan to help you reach your career goals.

Throughout the process, you will be given all of the information and options needed so that you can make informed choices about your individual plan.

### *Become successfully employed*

After you get a job, your VR counselor will continue to keep in contact for at least 90 days to make sure you are satisfied and do not need further VR services.

## WHAT ARE SOME SERVICES VR MAY PROVIDE?

Some of the services that may be provided include:

- Career exploration
- Career guidance and counseling
- Work experience such as job shadowing, on-the-job training, internships and earning high school credit through a cooperative work experience program
- Job search activities
- Résumé development
- Identifying college or other career training programs
- Job coaching
- Assistive technology devices or services
- Other services based on individual needs

## ARE YOU ELIGIBLE FOR VR SERVICES?

You might be eligible for services if you have a physical, mental or learning disability that makes it difficult to work; and you need VR services to help prepare for, get or keep a job. A VR counselor will determine if you are eligible for services.

## HOW DO YOU APPLY FOR SERVICES?

### *If you are still in high school:*

Ask your teacher or counselor to discuss VR services with your family, and make an appointment to meet with the VR counselor who visits your school.



## What Is Vocational Rehabilitation?

VR is a program that helps eligible individuals with physical, mental or learning disabilities prepare for being employed. VR is supported by funds from state and federal government.

## Who Pays for VR Services?

Most services are provided at no cost. Payment for some VR services may be based on your and your family's income, resources, and the ability to pay for costs associated with a specific service.

### *If you are home-schooled or have left high school:*

You, your family or other agencies/organizations you work with may contact your local VR district office and make an appointment for you to meet with a VR counselor.

A VR counselor will help you complete an application, gather information about your disability, discuss your career interests and goals, and talk about ways in which VR might be able to help you.

### WHERE CAN YOU FIND MORE INFORMATION?

For information about VR services, call 877-222-8963 (toll-free), or go to [vr.dese.mo.gov](http://vr.dese.mo.gov).

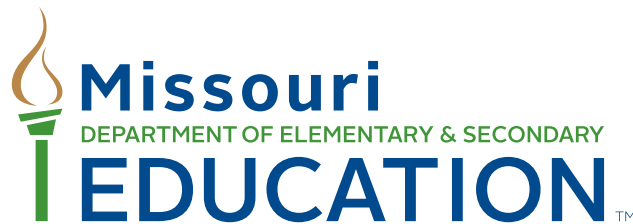
If you have a severe visual disability or are blind, you might be eligible for vocational rehabilitation services through Rehabilitation Services for the Blind (RSB). For more information, contact RSB at 800-592-6004.

*Due to restricted funding, Missouri Vocational Rehabilitation is unable to provide services to all individuals with disabilities at this time. A statewide Order of Selection has been implemented, and individuals will be served on the basis of the severity of their disability.*

### MISSOURI VOCATIONAL REHABILITATION

For a listing of VR district offices or to learn more about Missouri Vocational Rehabilitation and transition services, contact:

**Director of Transition Services**  
Missouri Vocational Rehabilitation  
3024 Dupont Circle  
Jefferson City, MO 65109-6188  
Phone: 573-751-3251  
Toll-free: 877-222-8963  
Fax: 573-751-1441  
Email: [brenda.simmons@vr.dese.mo.gov](mailto:brenda.simmons@vr.dese.mo.gov)  
Website: [vr.dese.mo.gov](http://vr.dese.mo.gov)



*Office of Adult Learning and  
Rehabilitation Services*

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